

Multi-Generational Workshops, Retreats & Teacher Trainings

CircusYoga

2007 was a year of big leaps for CircusYoga. We lead five teacher trainings from California to Vermont. There are over 100 teachers incorporating CircusYoga in their classes worldwide. Kripalu Center and Pompanuck Farm continue to be fabulous, nurturing hosts to our programs, trainings and community.

We signed a book contract this summer with MacKenzie Smiles and will be creating CircusYoga books and activity card decks over the next few years. The first to be published is Flying Kids!—all about our practice for parents and kids combining partner yoga, acrobatics, and massage. Flying Kids! will be available in late 2008. Check our web site for details and tour dates.

Through the experience of the past nine years of teaching CircusYoga, it is clear we are really sharing the principles of inclusion, empathy, courage, creativity, community, and celebration. It is the reflections from all of you who gather to play with us that truly tell the story of CircusYoga...

regarding workshops & retreats...

“This program was beyond excellent. There was a good balance of structure and spontaneity, They make you feel like you can do anything.” —Chris Hottle, Provincetown, MA



www.CircusYoga.com





“CY is a living, breathing, moving embodiment of yoga practice.” —Lisa Caroselli, Greenbrook, NJ

“I truly enjoyed the play, play and more play! I loved the environment of imagination, creativity and the safety which gave me permission to take risks.” —Patty Tower, Stamford, CT

“CircusYoga was definitely a life-changing event.” —Heather Mormile, NY

“We were thrilled to be a part of your fantabulousamazingwonderfuldashingenergetic-andhappy world!” —Andes Hruby, CT

regarding teacher trainings...

“The most profound, most playful retreat I’ve ever been on.” —Jen Taylor, Deep River, CT

“I feel a much bigger ‘YES’ inside me.” —Amy Verebay, Brooklyn, NY



2008

05/11/2008–
06/15/2008

CircusYoga Sundays FREE Community Play
Sheep Meadow, Central Park, New York City

06/29/2008–
07/03/2008

CircusYoga for the Whole Family Retreat
Kripalu Center for Yoga, Lenox, MA

07/11/2008–
07/15/2008

Flying Yoga, CircusYoga & Human Mandala
Unity Yoga Conference, Tel Aviv, ISRAEL

07/17/2008–
07/20/2008

CircusYoga Teacher Training Level 1
Unity Yoga Conference, Tel Aviv, ISRAEL

08/22/2008–
08/24/2008

CircusYoga Teacher Training Level 1
Prakriti Yoga Studio, Brattleboro, VT

08/23/2008

CircusYoga Workshop Brattleboro, VT

10/05/2008

CircusYoga Workshop Southampton, NY

10/16/2008–
10/19/2008

CircusYoga Teacher Training Level 1
Pompanuck Farm, Cambridge, NY

10/19/2008–
10/22/2008

CircusYoga Teacher Training Level 2
Pompanuck Farm, Cambridge, NY

10/22/2008–
10/25/2008

CircusYoga Teachers’ Gathering
Pompanuck Farm, Cambridge, NY

11/28/2008–
11/30/2008

CircusYoga for the Whole Family Retreat
Kripalu Center for Yoga, Lenox, MA